

metro

NEW YORK CITY NO. 1 FREE DAILY

Tuesday, March 20, 2018 metro.us | t: MetroNewYork | f:

FIRST DAY OF SPRING, HUH?

Despite the winter feeling, warm weather fun is just around the corner. 24

ISTOCK

Mets' Wheeler, Matz saved by Vargas injury. 30



Find your joy on International Day of Happiness. 8-9

DEATH FOR DEALING

Citing spikes in overdose deaths, President Donald Trump on Monday officially called for the execution of opioid drug traffickers. 4

WELCOME TO METRO.US

EVA KIS, FEATURES EDITOR

It may not feel like spring outside, but March 20 is the first official day of warm weather season. If you're done being cabin feverish after five seriously cold months, New York City isn't waiting on Mother Nature to kick things off. Check out our guide to the best things to do in spring, from spectacular flower shows and lots of cocktails to the largest film festival of the year and the return of baseball!

Read more on page 24 and at [metro.us](#).



TRUMP ADDS DC LAWYER DIGENOVIA TO LEGAL TEAM

IPresident Donald Trump is beefing up his legal team with a lawyer who accuses the FBI and U.S. Justice Department of trying to frame Trump with false charges of colluding with Russia during the 2016 election campaign, possibly signaling a more aggressive drive to discredit Special Counsel Robert Mueller. Washington lawyer Joseph DiGenova will join the legal team later this week, accord-

ing to attorney Jay Sekulow, who also represents Trump. DiGenova, a former U.S. attorney for the District of Columbia, did not respond to requests for comment. According to DiGenova, when Clinton lost the 2016 presidential election to Trump, the senior officials, including former FBI Director James Comey, sought to ruin Trump with an investigation into possible collusion between his 2016 campaign and Russia.

FACEBOOK SECURITY CHIEF TO DEPART AMID SCANDAL

2Facebook chief information security officer Alex Stamos is leaving the company in August, a source said on Monday, and a report cited internal disagreements over how the social network should deal with its role in spreading disinformation. The New York Times first reported his departure from the company. At Facebook, Stamos had been strongly advocating for investigating and disclosing Russian activity

on the social media platform, often to the consternation of top executives, including Chief Operating Officer Sheryl Sandberg, the newspaper said. The company is under fresh scrutiny after media reports that political consultancy Cambridge Analytica harvested private information from more than 50 million Facebook users in developing techniques to support President Donald Trump's 2016 election campaign.

LUMINALE FESTIVAL LIGHTS UP FRANKFURT

3Spectators enjoy the "light art/video mapping installation" of Philipp Geist during the Luminale Festival on March 19, 2018, in Frankfurt, Germany. Abstract, painted compositions are projected onto buildings' facades. The Luminale, described by organizers as a "Biennale for light art and urban design," will illuminate landmarks and buildings in Frankfurt with artistic compositions until March 23.

TX POLICE INVESTIGATE SERIAL BOMBER IN AUSTIN

4Police in Texas fear a serial bomber planted four powerful explosive devices that have killed two people and injured four others this month, raising fears in the state's capital, Austin, of another attack. Investigators said they have no clear idea what motivated the series of attacks, which began 17 days ago, and have publicly reached out to the bomber, urging him or her to contact them and explain what his demands are.

The first three devices were parcel bombs dropped off at night in front of homes on the city's east side, with the fourth a trip wire device that went off in a west side neighborhood on Sunday. All four devices were similar, police said on Monday. "We are clearly dealing with what we expect to be a serial bomber at this point," Austin Police Chief Brian Manley told a news conference near the site of Sunday's bombing.

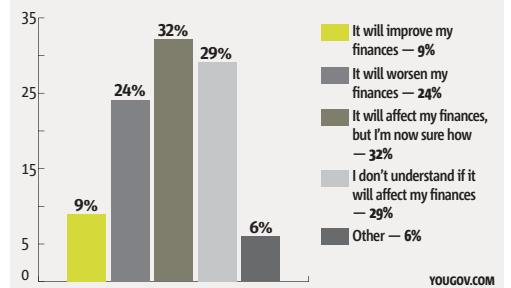
SOURCES: TALKS HELD FOR NYC TUNNEL FUNDING

5Trump administration officials and members of Congress are in talks over including federal funding in a spending bill likely to be voted on this week for a new train tunnel under the Hudson River connecting New York City and New Jersey, three people briefed on the talks said. At issue is the Gateway project, which would build a new rail tunnel under the Hudson River to replace the existing century-old tunnel

that is relied on by both Amtrak for its busy Northeast Corridor Service and New Jersey Transit commuter trains. Transportation Secretary Elaine Chao and other Republicans have said that President Donald Trump has threatened to veto a funding bill if it included funding for the \$30 billion Gateway project. But negotiators in Congress and Trump administration officials have been in talks since the weekend over the project's status.

INTEREST RATES

The Federal Reserve is expected to raise interest rates again this week. What comes closest to your view on how this will affect your finances?





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Amid opioid crisis, Trump calls for death for dealers



President Trump said that he was considering litigation against drug companies implicated in the opioid crisis. GETTY IMAGES

The Justice Department will also target negligent physicians and pharmacies, Trump said.

President Donald Trump spelled out in new detail several steps he favors to fight a U.S. epidemic of opioid abuse, including the execution of drug dealers, a proposal that has gained little support from drug abuse and judicial experts.

At an event in Manchester, New Hampshire, Trump unveiled an anti-opioid abuse plan, including his death penalty recommendation, new funding for other initiatives and stiffer sentencing laws for drug dealers.

He said the United States must "get tough" on opioids. "And that toughness includes the death penalty," he said.

Neither Trump nor the White House gave further details as to when it would be appropriate to seek the death penalty.

Trump said that he was working with Congress to find \$6 billion in new funding for 2018 and 2019 to fight the opioid crisis. The plan will also seek to cut opioid prescriptions by a third over three years by changing federal programs, he said.

Addiction to opioids — mainly prescription painkillers, heroin and fentanyl — is a growing U.S. problem, especially in rural areas. According to the Centers for Disease Control and Prevention, 42,000 people died from opioid overdoses in 2016.

For Trump, the New Hampshire visit returned him to a state that gave him a key primary win when he was a political newcomer in 2016. Back then, he promised to tackle the opioid crisis.

In October, he declared the crisis a public health emergency, but without providing more money. Some critics, including Democratic lawmakers, said then that the declaration was meaningless without additional funds.

In Manchester, Trump stopped at a local fire station that helps addicts get treatment. He was greeted by roughly 200 protesters, some chanting "You talk, we die."

Others carried signs, including one that read "Donald J. Duterte," a reference to the Philippine leader Rodrigo Duterte, whose brutal crackdown on drugs has led to thousands of deaths.

Trump also said his plan would crack down on illicit drug supply chains. Part of that would include requiring electronic data for 90 percent of international mail shipments with goods, he said. REUTERS

MOM OF FENTANYL OD VICTIM: TRUMP'S DEATH PENALTY PITCH GOES TOO FAR

Janice Matthews' son Austin Sternberg died on Jan. 27, 2016, after buying a bag of fentanyl-laced heroin. Unlike many who have lost loved ones to the opioid crisis, Matthews saw the dealer, Antonio Moreno, who sold the fentanyl-laced heroin that killed her son convicted and sentenced to between 16½ and 30 years in consecutive sentences for charges of possession with intent to distribute along with violations of probation for previous arrests. (The sentence was upheld during a motion for reconsideration hearing.) But Matthews disagreed with President Trump's proposal to potentially sentence some drug dealers to the death penalty.

METRO: How do you feel about sentencing for drug dealers, like in your son's case?

Janice Matthews: They need to do more. These guys can just go in, and they're out. He's responsible for Austin's death — to me, I believe that should be manslaughter charges. Let the guy walk out of there in 16½ years, but let it be manslaughter charges. He did what he did. Losing my son is a daily struggle.

What do you think about the president's proposal to give drug dealers the death penalty?

That's a tough one. I don't want to say just kill him, just bump him off. That's a little far. It's hard, and he has kids and children. But you did what you did, and hopefully when you come out, you'll be a different person — you won't go down that road again.

What do you think about the death penalty's effectiveness?

They just sit behind bars on death row, or they get off on some small thing. They don't do it. Am I really angry with this young man? I am, because he cost me lots of heartache, lots and lots of pain I live with all the time. But you need to learn your lesson, and hopefully get something together [in prison], as far as education or work programs — it's imperative. Do you know how many people they'd arrest if they could catch everyone who ever sold fentanyl right now?

Interview condensed for clarity. SAM NEWHOUSE

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The mayor and first lady announced an expansion to HealingNYC on Monday, an effort to reduce opioid overdoses in New York City. GETTY IMAGES

HealingNYC gets \$22 million expansion to continue fight against opioids

Mayor Bill de Blasio and first lady Chirlane McCray announced the effort on Monday, which expands how New York City plans to reduce opioid overdose deaths.



KRISTIN TOUSSAINT
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Mayor Bill de Blasio and first lady Chirlane McCray announced a \$22 million investment in New York City's HealingNYC program to continue the city's fight against the opioid epidemic.

The de Blasio administration launched HealingNYC in March 2016. Originally a \$38 million initiative, Monday's announcement brings the city's total cost in its effort to reduce opioid overdose deaths to \$60 million.

"The opioid epidemic has destroyed lives and hurt families across the country. In New York City, we are harnessing every tool to stop this deadly surge in its tracks," de Blasio said in a statement. "This new investment will help to save more lives and connect those struggling with addiction to treatment."

In 2016, more New Yorkers died of drug overdoses than of suicides, homicides and car crashes combined, according to the city. Between 2010 and 2016, the rates of drug overdose deaths in New York City more than doubled.

Though the 2017 overdose statistics are not yet official, the NYC Department of Health and Mental Hygiene says there has been a "flattening" in the overdose death rate since the previous year.

This HealingNYC expansion could save up to

400 more lives by 2022, officials said.

The \$22 million investment will be used to create peer intervention programs at more city hospitals; increase distribution of and training for naloxone (commonly called Narcan), which blocks the effects of opioids during an overdose; and connect more New Yorkers to treatment.

Through HealingNYC, FDNY EMS will launch the Leave Behind program, through which they'll distribute 5,000 naloxone kits annually to homes they visit when responding to overdose calls. That program will begin at the end of summer 2018.

The investment will also help the city expand the HOPE program, which reroutes people arrested on low-level drug offenses into treatment, rather than jail.

With this additional money, 1,400 people will be diverted away from the criminal justice system each year, connected instead to the resources they need, the city said.

"Healing NYC is a comprehensive strategy that has proven effective at addressing the opioid epidemic in NYC," said Rep. Jose Serrano in a statement. "With this additional funding, the city will be able to help more people and address this crisis at a faster rate. By 2022, hundreds of lives will be saved and our neighborhoods will be safer."

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Gratitude toward life and a connection to one's environment are just some factors that influence a person's happiness, according to experts. ALL PHOTOS GETTY IMAGES



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Happiness recipes for everyone

Tuesday is International Day of Happiness, so why not figure out how to find your joy?

When thinking about the word "happiness," an image that comes to mind is that of a smile. For others, it may look more like a party or a hammock in the Caribbean. But seen in that way, happiness becomes almost unattainable, too fleeting. So, why should we propose to be happy?

Maybe it's better not to try. Perhaps the error is in what we understand as happiness. The new currents of psychology understand it as the degree of satisfaction experienced day by day. Wenceslao Unanue, director of the Institute of Welfare and codirector of the Advanced Course in Organizational Happiness (DFO) at the Santiago, Chile-based Adolfo Ibáñez University, explained that "lasting happiness is where I find fulfillment — I can better withstand difficulties, and

I feel that my life has a sense."

"The happiest people are by far those who have better interpersonal relationships. Quantity is not what matters, but the quality of those relationships, feeling appreciated by others and also appreciating and loving others. These relationships not only focus on the family and the couple, but friends or co-workers are tremendously important as well," Unane stated.

Altruism, gratitude toward life, generosity, leading a healthy life and more connection to the environment and nature have acquired an increasingly important value for the benefits they offer: greater optimism, strengthening emotional ties, reducing anxiety and depression, as well as improving health.

But to be happy, it is necessary to build that happiness. Excessive work, fatigue and a precarious salary are factors that make it difficult to connect with one's emotions and needs. Along with the state's responsibility to promote policies





“... Quantity is not what matters, but the quality of those relationships, feeling appreciated by others and also appreciating and loving others.”

Wenceslao Unanue, director of the Institute of Welfare and co-director of the Advanced Course in Organizational Happiness

that grant basic levels of well-being, people around the world are beginning to take charge of their own happiness. Here are some examples of these trends:

Plogging

This concept, born in Scandinavia, mixes the Swedish words for “jog” and “pick up.” It consists of doing an outdoor physical activity while collecting garbage from the environment, such as bags, bottles, papers, etc. This has allowed groups of “ploggers” that share the same interest. The experience is being replicated in countries like England and Thailand.



“enough.” This trend is more related to a guiding concept of focusing on “the right measure”—to work enough, to eat enough, to rest enough, etc. A more comfortable life is privileged with basic things—that is, only what is necessary. Lagom tries to eliminate excesses and approach a more balanced life, both in the workplace and socially.

Combating isolation
Centers for older adults are demonstrating one of the most beneficial ways to strengthen social ties. The village of Frome, in the United Kingdom, drastically reduced (to 17 percent) emergency hospital care thanks to a support network promoted by the municipality, where community groups and volunteers generate spaces of coexistence with people who are alone (mainly senior citizens). The experience has been so good that today the farmers market is a meeting place and a spot for pleasant conversation for neighbors.

Give a coffee

Inhabitants of different cities around the world, such as San Francisco, are adopting the practice of paying for a coffee or a breakfast in the morning for the hundreds of people who live on the street, who can go to claim it when they wish, making the city a friendlier place.

Shinrin-yoku

This Japanese practice translates as “absorbing the atmosphere of the forest.” It involves walking for two hours, disconnected from any electronic device, following a guide that facilitates the connection. The idea is to focus on breathing and opening the senses: touching trees, smelling a flower, lying on the grass, etc. This is how you can rest from noise, worries and obsessive thoughts. Countries such as the U.S., Canada and Spain have already begun to implement this practice in their forests.

Lagom

The Swedish word “lagom” is translated as

Q&A with Daniel Barros, laughter therapist
Laughter, for me, is a language, a form of communication. It helps me to be more flexible, and thanks to that, I stay young, audacious and flirtatious.

What is laughter therapy?
It is a technique that allows people to connect with themselves through humor and play. In these activities, we dance, sing, role play—always focused on laughter as an instrument to socialize.”

How does laughter help us to be happier?
Laughter is a corporal dance. When you laugh, you move more than 400 muscles, you release endorphins, you relax. It is a language that creates synergy in a group of people, allows you to present yourself in front of others naturally, as you are, without so much rigidity. In that sense, laughter is transgressive and allows you to fill the environment with

light, to stand in front of life in a different way.

What do people learn at these workshops?

People learn from their partner, they improve their performance facing others. Humor as laughter promotes adaptation to change and reduces the frustration that we often have of our own limitations. Laughter helps to face problems better, be-

cause life is full of complications, but through humor and laughter we can look at them from another angle.

Why is it sometimes difficult to laugh?

A person who is good at laughing is looked at as socially immature, uncommitted, but that is a mistake, because people who are capable of laughing are often more competent and have more tools to face certain situations.”



A portrait of an elderly Black man with a mustache, looking slightly to the side with a thoughtful expression. He is wearing a dark t-shirt. To the left of the portrait, there is a teal-colored graphic containing text.

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Spring to bring more snow for New York metro region

Winter may be over according to the calendar, but Mother Nature has yet another nor'easter up her sleeve for us.



NIKKI M. MASCALI
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According to the calendar, spring will officially be sprung here in New York City on Tuesday, but it seems Mother Nature didn't get the memo. After a weekend of sunshine that carried over into Monday, wintry weather — aka the area's fourth nor'easter of the month — is slated to return Tuesday and stick

around until Wednesday night.

The fun starts Tuesday afternoon, when we have a slight chance of both rain and snow between 1 and 3 p.m., the National Weather Service forecasted. The day will be mostly cloudy with a high near 39.

That mix of rain and snow will continue into Tuesday night, when temperatures drop to about 30, accompanied by blustery northeast winds.

The nor'easter could bring 1 to 3 inches of snow before 9 p.m. Wednesday, which will be 36 degrees during the day before dropping to around 31 at night. Strong winds of up to 25 mph with 40 mph gusts will accompany

the snow.

While little snow accumulation is expected here in the city, Long Island and points along the New Jersey coast could see between 3 and 6 inches, NBC's Storm Team 4 reported.

The sun is expected to return Thursday and Friday, which should both see temperatures in the mid-40s. The sun will continue throughout the weekend, though another mix of snow and rain is expected Saturday night.

Storm Team 4 forecasters expect the current active weather pattern may continue through the rest of March, meaning the month will be less a lamb and more the nor'easter-filled lion we saw most of these past few weeks.



The current active weather pattern might mean that the rest of March will be less a lamb and more the nor'easter-filled lion we've seen most of the month, forecasters predicted. PIXABAY



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Actress Cynthia Nixon wants to be the next NY governor

If anyone from "Sex and the City" could truly improve New York, it would be Miranda.



EVA KIS
eva.kis@metro.us

Miranda Hobbes would be proud. Cynthia Nixon, the real-life alter ego of the "Sex and the City" lawyer, made months of rumors official on Monday by announcing she will run for governor of New York against incumbent Andrew Cuomo in 2020.

The actress, who will be 52 years old next month, posted a video on her Twitter account with the announcement.

Nixon has been active on the New York City political scene for years, campaigning for and donating to the election bid of Mayor Bill de Blasio in 2013. Her wife, Christine Marinoni, is a longtime



Cynthia Nixon is a longtime political activist. GETTY IMAGES

community activist and worked for the city's Department of Education.

Nixon has yet to announce a platform for her campaign, though the video name-checks hot-button issues like income inequality, improving public schools (Nixon attended a public school, and so does her young son Max), healthcare, mass incarceration and fixing the subway system.

Nixon has been busy since wrapping "Sex and the City" in 2004.

She's undertaken what New Yorker writer Emily Nussbaum called a "de-Mirandafication" of her career since the hit HBO show, which earned her an Emmy Award in 2004. She's also won a Grammy, another Emmy and two Tony awards.

Theater was the life-long New Yorker's original love—at just 18 years old, she starred in two productions at the same time in 1984. That's gotta be good prep for juggling all the drama up in Albany.

Free Health Information Session

TOBACCO + NICOTINE REPLACEMENTS

Learn the health effects of smoking and how nicotine replacements provide support in the smoking cessation process

Date: Tuesday, March 27 | 6:30pm – 7:30pm

Location: 550 First Avenue (at 31st St.), Alumni Hall B

This program is free and open to the public. For more information or to RSVP call 646-501-2190 or email cvdprevention@nyumc.org

Presented by the Center for the Prevention of Cardiovascular Disease



US safety agencies probing fatal self-driving Uber car crash

The U.S. National Highway Traffic Safety Administration and the National Transportation Safety Board said Monday they are sending teams to Tempe, Arizona, to investigate an accident involving a self-driving Uber vehicle that killed a pedestrian.

A woman crossing a street was killed by an Uber self-driving sport utility vehicle in Arizona, police said on Monday, leading the ride services company to suspend its autonomous vehicle program across the U.S. and Canada.

The accident in the Phoenix suburb of Tempe marked the first fatality from a self-driving vehicle, which are being tested around the globe, and could derail efforts to fast-track the introduction of the new technology.

The vehicle was in autonomous mode with

an operator behind the wheel at the time of the accident, which occurred overnight Sunday to Monday, Tempe police said.

"The vehicle was traveling northbound ... when a female walking outside of the crosswalk crossed the road from west to east when she was struck by the Uber vehicle," police said in a statement.

The woman later died from her injuries in a hospital, police said. Her name has not been released because her next of kin had not yet been notified, police said.

The NHTSA said in a statement it is "in contact with Uber, Volvo, federal, state and local authorities regarding the incident" and will take appropriate action. The safety board said in a statement on Twitter that it was also sending a team to probe the crash.

In a tweet, Uber



An accident involving an Uber vehicle marked the first fatality from a self-driving car. GETTY IMAGES

expressed its condolences and said the San Francisco company was fully cooperating with authorities.

Tempe police could not immediately be reached for further comment. The city is 11 miles east of Phoenix.

On Friday, Alphabet Inc.'s self-driving unit Waymo and Uber urged Congress to pass sweeping legislation to speed the introduction of self-driving cars into the United States. The legislation has been blocked over safety concerns by some congressional Democrats, and Monday's fatality could hamper the quick passage of the bill, congressional aides said Monday. REUTERS

Interview Event/Open House

Date: Thursday, March 22, 2018

Time: 11 AM to 3 PM and 4 PM to 6 PM

Locations: Senior Whole Health office, 55 Broadway, 5th Floor, New York, NY

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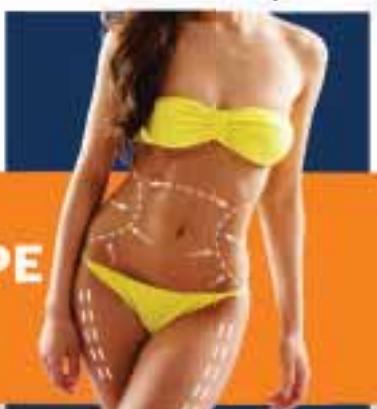


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Why Are So Many Knee Arthritis Sufferers Opting For The Newest Medical Procedure?

New York Doc's Merge Best of High Tech And Low Tech

Fraction of the cost, less medical risk, little to no downtime and often a quick fix
Hundreds of worst arthritis sufferers from tri-state area are getting relief

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted one of the doc's at **NYC Pain MD** in New York City.

"The same holds true for treating arthritis pain. I believe we are having so much success at **NYC Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid or at the very least delay knee replacement surgery is doing the correct treatment as soon as possible".

What is the "correct treatment?"

"That depends," noted the doc. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," he added.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby an FDA-approved preparation of Hyaluronic acid - a gel-like medicine is - applied ultra-precisely and virtually painlessly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important when trying to avoid surgery.

The director of treatment believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NYC Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting Technology* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to go. Research shows that performing procedures without *Precision Arthritis Targeting (P.A.T.T.)* can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without *Precision Arthritis Targeting Technology* and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife



Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Joint Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Arthritis Sufferers Choosing Procedures Before Surgery?

Each Medicine And All Natural Treatments

Even covered by insurance amongst top reasons for high patient demand... Call weekly to find out if treatment may be right for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because thousands of knee pain sufferers have flocked to the **NYC Pain MD** New York City for their brand of treatment.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid technically) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it can be excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

But...when introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get viscosupplementation from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Symvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "**Precision Arthritis Targeting Technology**". This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NYC Pain MD** used this P.A.T. Imaging Technology with each and every treatment.

"NYC Pain MD is a state of the art medical facility offering the best technology".

And that's not all ...

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years or more for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added one of the clinic's doctors.

How To Find Out If It Can Help You?

If you have knee pain, the **NYC Pain MD** doctors would like to see if you do qualify for a No-Cost, No-obligation screening to see if you may be candidate for their treatments using *Precision Arthritis Targeting Technology*.

Many Insurance Plans Participate:

Most Out-Of-Network Insurance Plans
United Healthcare In & Out Of Network (except the Community Plan) Traditional Medicare • AARP Medicare Most Union Plans • Transit Worker Plans Work Related Injuries/Work Comp/1199/GHI Auto Accident plans Out of network:
Aetna • Cigna • Empire • Oxford • Ghi • 1199 Blue Cross Blue Shield & others
*EZ payment plans (\$99 per month) also available

All you have to do is call 800-885-KNEE (5633) right now. However, due to extremely high call volume, you may not get a live scheduling coordinator. In that case, do NOT hangup. Just leave a message with your name, phone number and best time for us to reach you. A patient coordinator will get back to you as soon as possible to find out if you qualify for the no-cost screening and then find you an appointment time.

And here's something really important -

Viscosupplementation treatments are covered by many insurances, union plans ... even medicare. So, to schedule your no obligation screening or if you have any questions -

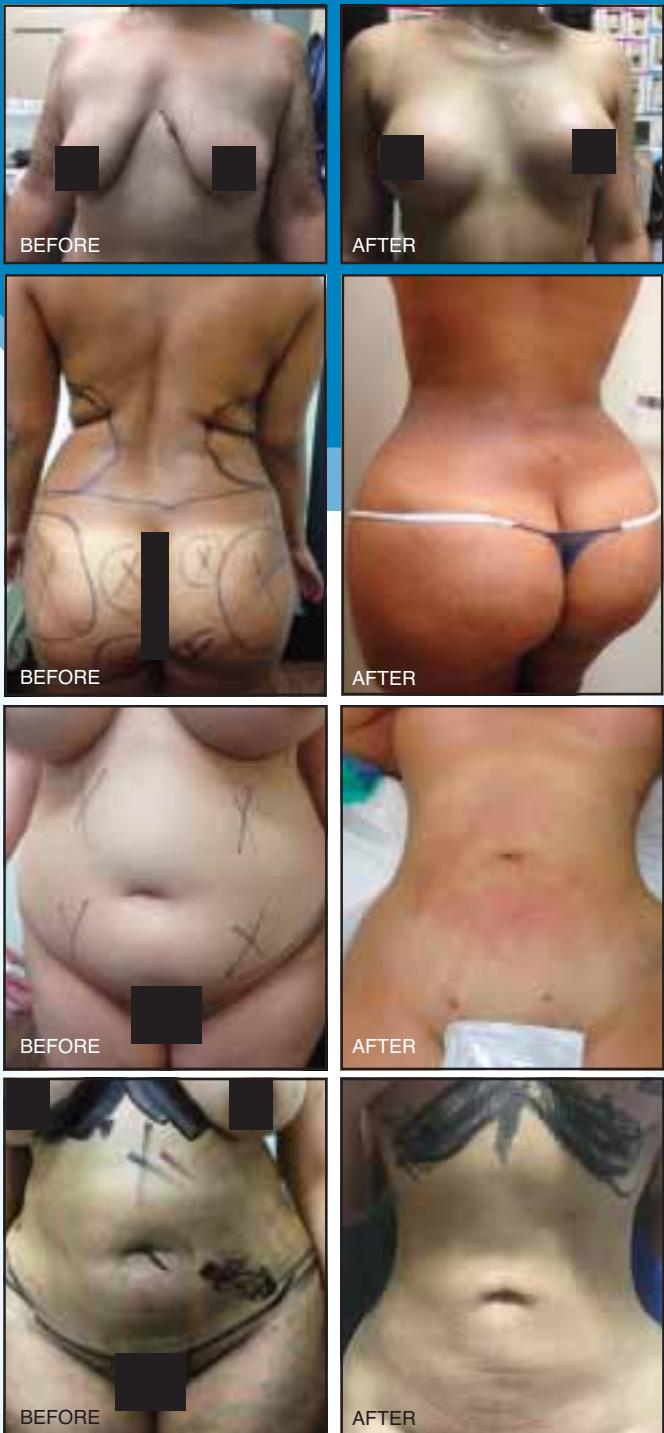
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Are You Qualified For Knee Arthritis Screening With
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- Have you already tried viscosupplementation (Hyalgan, Supartz Synvisc) without satisfactory results?



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Is the flu over? Not so fast, says the CDC



LINNEA ZIELINSKI
linnea@metro.us



Can you still get the flu?

With the answer to "Is the flu over?" being "not quite yet," it's still possible to come down with the illness even if it's less likely in some regions. "We're certainly seeing less states with high influenza-like illness activity, and it seems like things are easing up a little bit on the East Coast and in the Midwest," Nordlund explained. "There's a cluster of states in the South having high activity."

The number of people seeking out their doctor about flu-like symptoms last week was 3.3 percent, still well above the expected level of 2.2 percent. That's a drop of only 0.4 percent from the previous week. What does that mean for you? Nordlund put it simply: "If people aren't feeling well and think they might have flu, there's still a chance they could have it."

We all know that the flu season this year has been out of control. But with the weather fluctuations and the work stress, it's hard to tell if people (maybe even you) are still sick because of the wear and tear of daily life or residual effects of the flu.

So, is the flu over?

Not quite, the CDC cautions. Although the organization does note that they're finally seeing signs that the flu is slowing down, so we're getting close to the end of flu season 2017-2018.

Although the number of cases of the flu dropped last week, according to the CDC's weekly influenza report, the activity of influenza-like illness was still

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- On or off ART

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- Blood samples

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Jared Kushner's company allegedly forged paperwork to boost real estate profits

The real estate company co-owned by presidential adviser Jared Kushner, Kushner Cos., falsified paperwork to push rent-regulated tenants out of apartment buildings so they could sell them at higher prices and boost profits, the Associated Press reported Sunday.

New York City law protected hundreds of tenants in Kushner Cos. buildings from major rent hikes or eviction by a new owner. But Kushner's company regularly claimed its buildings had no rent-regulated tenants. That allowed the company to undertake major renovations, urging tenants to leave or endure the disruption — a strategy that New York City Council member Ritchie Torres called "a weaponization of construction."

Accurate paperwork would have led to more city supervision, including visits by officials to ensure rent-stabilized tenants weren't being harassed to leave.



A real estate company co-owned by Jared Kushner allegedly falsified rent-related documents. GETTY IMAGES

According to city documents obtained by the tenant watchdog group Housing Rights Initiative, Kushner Cos. filed at least 80 fraudulent applications for construction permits in 34 buildings between 2013 and 2016. The company claimed they had no rent-regulated tenants, when they actually had 300. The applications were all signed by Kushner officials, including at times the chief operating officer, the AP reported.

At one East Village building that was once home to Allen Ginsberg, Kushner Cos. filed renova-

tion permits that listed zero rent-regulated tenants. There were actually seven. In three Queens buildings Kushner Cos. purchased in 2015, the company filed false statements about 94 rent-regulated apartments. After nearly 75 percent of those tenants were displaced, Kushner Cos. sold the buildings for \$60 million, a 50 percent profit.

"It's bare-faced greed," said Aaron Carr, founder of Housing Rights Initiative. "The fact that the company was falsifying all these applications with the government shows a sordid attempt to avert accountability and get a rapid return on its investment."

Kushner Cos. said it outsourced paperwork to a third party, and "if mistakes or violations are identified, corrective action is taken immediately."

"Kushner would never deny any tenant their due-process rights," the company stated. MICHAEL MARTIN

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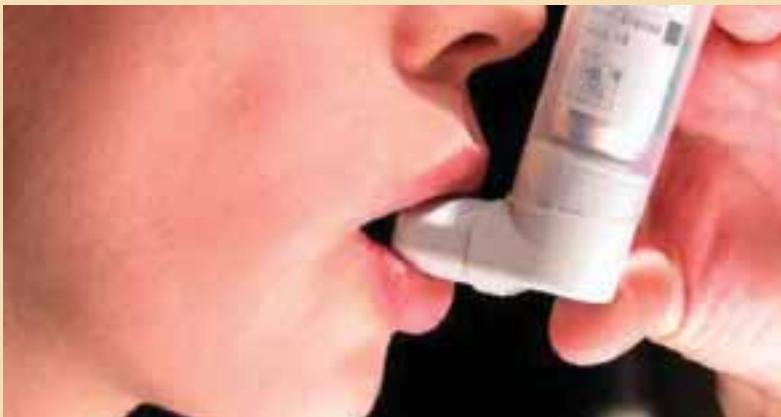
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As tax day looms, AG warns of scams

To possibly cash in on your refund, scammers are using fake logos and phone numbers to impersonate IRS and government officials.



NIKKI M. MASCALI
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With tax day quickly approaching, New Yorkers should be on high alert to avoid tax scams, warns state Attorney General Eric T. Schneiderman.

Such cons his office receives complaints about include scammers impersonating Treasury Department, IRS and other government officials or using falsified logos and phone numbers to try to collect fake tax debts or threaten residents with lawsuits or deportation.

While debt collec-

tors may call consumers to collect tax debts on behalf of the IRS for the first time this year, "the IRS will never do so without first sending the consumer a letter notifying the consumer that they will do so, and providing the consumer with information to help them determine that a call is legitimate," a statement from Schneiderman said.

Should a New York resident receive a call without first receiving the letter, they "should refuse to speak to the

also be wary of fake officials requesting payment via a prepaid credit card or gift card, which impersonators ask for because they are often hard to trace. The IRS and other government agencies will not demand such payments or ask for debit or credit card numbers via phone.

Taxpayers should also watch out for tax preparation businesses that advertise low fees, but jack the price up by hundreds of dollars during preparation.

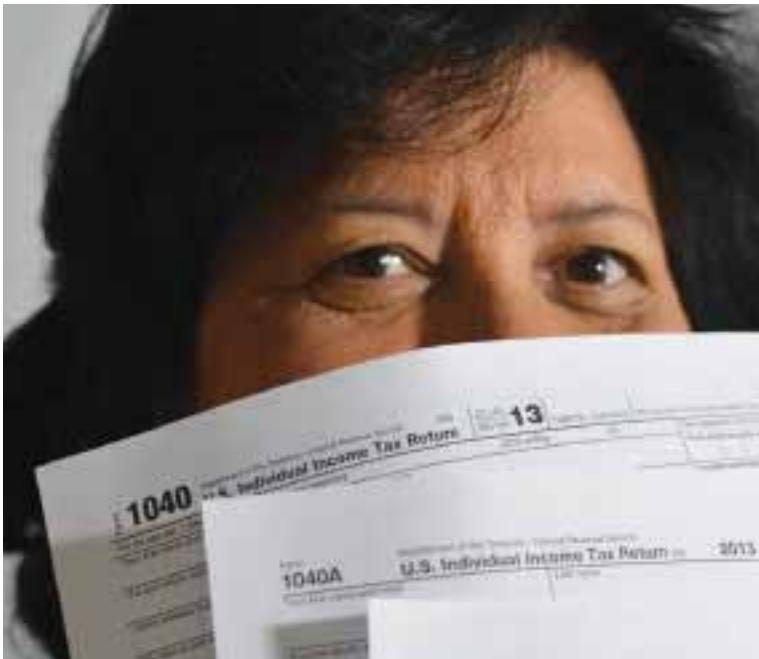
[Residents] should refuse to speak to the caller except to demand that another copy of the letter be sent."

State Attorney General Eric T. Schneiderman.

caller except to demand that another copy of the letter be sent."

Consumers should

Schneiderman urges residents to use established and recognized tax prep companies or check



Scams have been shown to emerge around tax time. PIXABAY

their qualifications and history through the Better Business Bureau. If you suspect that

a collection call is not legit, you should call the IRS directly at 800-366-4484. New Yorkers

can report potential tax fraud scams via forms. ag.ny.gov or by calling 800-771-7755.

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- I have corns on my toes which get thick so无论 what shoes I wear.
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SEX TRAFFICKING

Senate advances bill to penalize websites for sex trafficking

The U.S. Senate voted 94-2 on Monday to advance legislation to make it easier to penalize operators of websites that facilitate online sex trafficking, setting up final passage of a bill as soon as Tuesday that would chip away at a bedrock legal shield for the technology industry.

The U.S. House of Representatives passed the legislation overwhelmingly last month. It is expected to be sent to and signed by President Donald Trump later this week.

The bill's expected passage marks one of the most concrete actions in recent years from the U.S. Congress to tighten regulation of internet firms, which have drawn scrutiny from lawmakers in both parties over the past year because of an array of concerns regarding the size and influence of their platforms.

The Senate vote to limit debate on the sex trafficking legislation came as Facebook endured withering scrutiny over its data protection practices after reports that political analytics firm Cambridge Analytica harvested the private data on more than 50 million Facebook users through inappropriate means.

Several major internet companies, including Facebook and Alphabet's Google, have been reluctant in the past to support any congressional effort to dent what is known as Section 230 of the Communications Decency Act, a decades-old law that protects them from liability for the activities of their users.

But facing political pressure, the internet industry slowly warmed to a proposal that began to gain traction in the Senate last year.

The legislation is a result of years of law enforcement lobbying for a crackdown on the online classified site backpage.com, which is used for sex advertising.

It would make it easier for states and sex-trafficking victims to sue social media networks, advertisers and others that fail to keep exploitative material off their platforms.

Some critics have warned that the measure would weaken Section 230 in a way that would only serve to help established internet giants, which possess larger resources to police their content, and not adequately address the problem.

Republican Sen. Rand Paul and Democratic Sen. Ron Wyden cast the only no votes.

REUTERS

Meet your true college BFF: career services

Visit as often as you hit the dining hall to make the most of your time at school.



PAT KING
patrick.king@metro.us

It's hard enough just to get a college degree.

Unfortunately, that's only the first step toward success. So how can a struggling student make the most of a hard-won education?

Hang out at career services. Early and often.

These connectors link students with mentors who can set up internships, on-campus jobs and even one-on-one meetings with recruiters. Wouldn't it be nice if all that money (or scholarship) enabled you to go into a job right after graduation?

Yeah, we think so, too. So hurry up and meet the people at your career-development center.

According to Bethany



Bug them. It's their job (to help you get one). iSTOCK

Godsoe, associate vice president for student leadership initiatives at New York University, visiting career services should be a priority for any college student.

"A lot of students believe that the time to go to a career-development center is when they're looking for a job," God-

soe says. "To make good use of career services, you need to have a good sense of what you want to do,

"In fact, students can gain the most benefit from a career-development center on their campus when they engage early — even before they have an idea of specifically what they want

to be doing after college. They can take advantage of different assessments that will help them get a better sense of their direction, take advantage of coaching appointments, and have opportunities to meet employers in a casual setting with very low stakes. If they do all of this in advance, they'll be

in much better positions to become successful."

So rather than approaching a career-services department the way you'd approach eating at a restaurant (menu, order, go), consider career-development staff more like matchmakers. You might not know what you want until options

are presented to you.

Godsoe says she believes the most common mistake students make is thinking they aren't ready to take advantage of career services.

"Sometimes students think they have to do a lot of work on their own before they get to the career-services center, and that may feel daunting to them," she says. "Our philosophy is precisely the opposite. What we see is that students are better off later on if they develop mentoring relationships while they're in college, and if they take advantage of opportunities to apply what they're learning in the classroom through internships or projects that last pass the semester. Those are precisely what a career development office can help them navigate."

The takeaway? Start setting up your career path before you've settled on a major. There are people waiting to help you do it.



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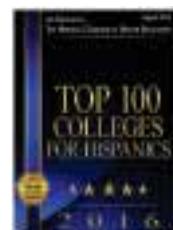
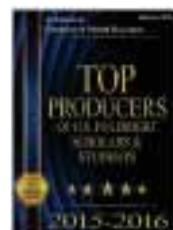
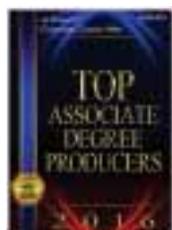


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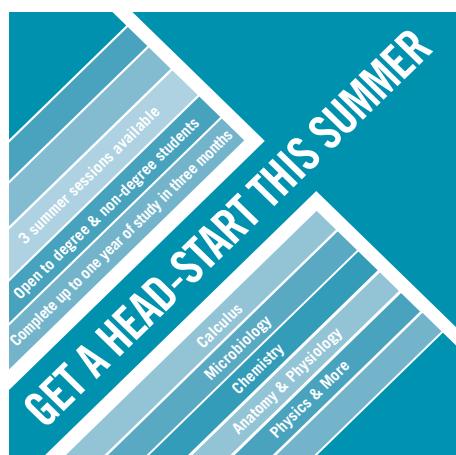
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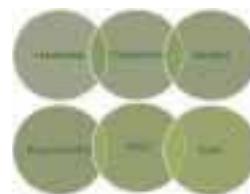
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Craft Distillers Festival
Not since before Prohibition have we had such a variety of craft spirits being made right here in New York state. At NYC Craft Distillers Festival, you'll sample dozens of spirits from over 20 producers, from Manhattan Moonshine to pink gin and corn whiskey, all in the 1920s atmosphere of the Bowery Hotel with live music and performances. *March 24, \$95-\$165, 335 Bowery, nycraftdistillersfest.com*

Ride the train to Coney Island

New York City's own amusement park by the sea Coney Island reopens on Palm Sunday. Watch the blessing of the rides (and if you're early, take a free spin), knock back a free Brooklyn Seltzer egg cream and take a stroll on the boardwalk — just remember to wear your gloves and coat. *March 25, coneyisland.com*

Macy's Flower Show

It's not just outdoors where you'll find flowers. Surprises are a given at the annual Macy's Flower Show, which transforms the Herald Square department store's entire ground floor into an



Governors Island opens in just six more weeks. *TIMOTHY SCHENCK*

indoor garden of blooming attractions. Past years have included a flowering Ferris wheel and carousel, and even got political with a questionably patriotic bouquet. This year's event will have a fairy tale theme, so get ready for an enchanting time.

March 25-April 8, free, 151 W. 34th St., macy's.com

It's baseball season!

Spring belongs to the Mets and Yankees. Get your butt in the stands on March 29 when the Mets take on the St. Louis Cardinals for their season opener, while the Bronx Bombers won't be back in Yankee Stadium until April 2 against the Tampa Bay Rays. *mlb.com*

New York International Auto Show

Owning a car in the city is more trouble than it's worth, but it's still fun to fantasize about getting behind the wheel of your very own enviable (or just

enviably practical) ride someday. Check out all the hot new rides at the New York International Auto Show, a whole week of four-wheel fun at the Javits Center including shows for classic and custom cars, new tech and expert talks. *March 30-April 8, \$17-\$45, 655 W. 34th St., autoshowny.com*

Eat outdoors

Outdoor eating season returns the weekend of March 31-April 1, when Smorgasburg heads back into the sunshine in Williamsburg and Prospect Park. Urban-space's seasonal markets follow shortly afterward: Broadway Bites on May 2, Mad Sq. Eats on May 5 and Urbanspace Garment District on June 4.

Easter Parade and Bonnet Festival

The fanciest hat day of the year is Easter Sunday, when the ladies of the Bonnet Festival strut

their stuff along with the parade in one of the city's oldest traditions that began in the 1870s. *April 1, 10 a.m.-4 p.m., Fifth Avenue from 49th to 57th sts., nycgo.com*

See the migrating birds

Central Park is a major stop along the Atlantic Flyway, a migratory route for more than 270 species of birds. Take a free Birding Basics walking tour of the North Woods while learning the basics of bird identification as you spot them between being distracted by the beautiful arches and burbling waterfalls. *April 4, May 6, centralparknyc.org*

The Bloody Mary Festival

Celebrate the best brunch cocktail at The Bloody Mary Festival, where you'll have two and a half hours to try some of the city's best takes from bars and restaurants. There'll be food from local companies, live music



Spring season openers ahead!
GETTY



Grab a bloody with a buddy in Brooklyn.
GETTY

and more. *April 8, \$50, Grand Prospect Hall, 263 Prospect Ave., Brooklyn, thebloodymaryfest.com*

Cherry Blossom Festival

There's no better place in the city to see cherry trees than Brooklyn Botanic Garden, where over 200 trees line its Cherry Esplanade and dot the gorgeous landscape of its Japanese Hill-and-Pond Garden. You'll be racking up all the Likes as soon as the first flowers bloom in early April, through their annual Japanese cultural extravaganza Sakura Matsuri on April 28-29.

Want more flowers?

The annual Orchid Show is going on now through April 22 at the New York Botanical Garden, while parks all over the city have plenty of less fanciful gardens with no less beautiful blooms — check out NYC Parks' guide to flowers in the city. *Early April-early May, bbg.org*

Tribeca Film Festival

New York City's biggest event dedicated to movies, the Tribeca Film Festival, brings hundreds of the most essential narratives of our time — not to mention the A-list people who make them — to the city's theaters. Catch Steven Spielberg talking about "Schindler's List," a masterclass with Alec Baldwin, panels with John Legend and Sarah Jessica Parker, plus virtual reality and video game arcades. *April 18-29, tribecafilm.com*

Welcome back to Governors Island

Feel like you're in New England on Governors Island, which reopens on May 1. They've been building up their festival and food scenes in addition to all the history and culture, plus it's still the best place to lounge in a hammock and ride a bike on its car-free lanes. *govisland.com*

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Agency of the Year

Inside Harry Potter's custom-built Broadway theater

When a play as magical as this comes to town, it needs a venue that can immerse you in its world. Here's what's new inside the Lyric Theatre.



EVA KIS
eva.kis@metro.us

In honor of "Harry Potter and the Cursed Child" opening in previews, Ambassador Theater Group has unveiled its makeover of the Lyric Theatre. The venue closed for renovations in April 2017 to transform into a wizarding world.

The first thing you'll notice is the theater's facade, which was moved

from 42nd Street to 43rd Street, and got way more than a standard marquee change.

Set designer Christine Jones and her associate Brett J. Banakis are behind "the top-to-bottom redesign and renovation," largely because of the stage.

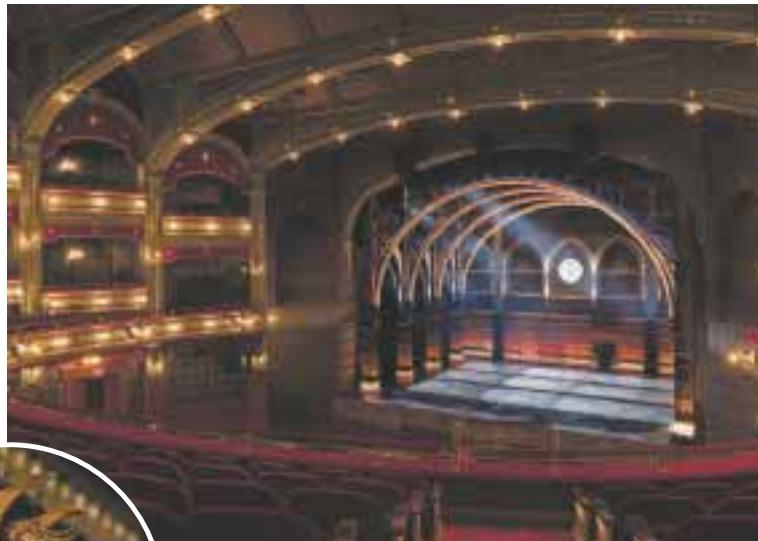
According to Harry Potter Theatrical Productions, the shape of the stage had to be significantly altered to create "a bespoke home that will be intimate enough for a drama."

While the production didn't provide any specific details about the cost or extent of the changes, Sonia Friedman, the show's co-producer in both London and on Broadway, told The New York Times that the first

balcony was brought forward and walls were knocked down to make the front of the theater "narrower and shallower."

All that hard work paid off with a record nine trophies at the 2017 Olivier Awards, Britain's equivalent of the Tonys. Along with three nods for acting, *Cursed Child* won for best new play, direction, set design, theater technology lighting, sound and costumes.

"The stagecraft is such a massive part of the story that you still don't



The show has called for a complete reimaging of the space. ALL PHOTOS DOROTHY HONG



know what will happen when you come into the theater," the show's director Jack Thorne, told the Times.

Unfortunately, the new design shrank the theater by 400 seats, from 1,900 to 1,500, and

prime seats in the orchestra will run you upwards of \$1,200 for two people.

If that's more galleons than you've got kicking around in your vault, the show's also set aside 300 seats priced at \$40 or less per part for each performance, with 150 of these seats going for just \$20 per part.

"We are proud that Broadway audiences are

going to experience the beautifully renovated Lyric Theatre that has been so sensitively and lovingly designed," said Mark Cornell, CEO of Ambassador Theatre Group. "We couldn't have asked for a better group of collaborators."

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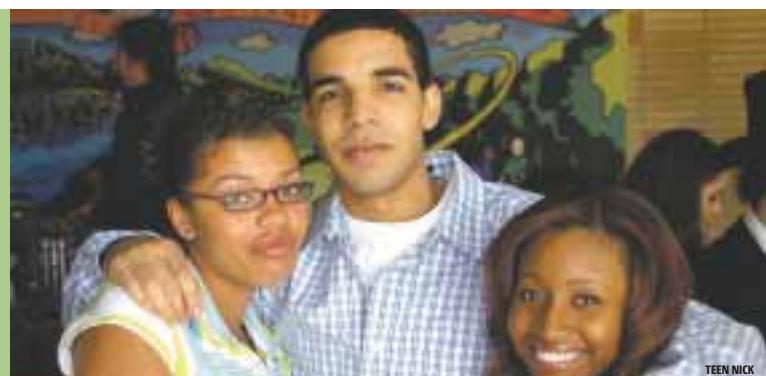
Coming-of-age TV shows you need to stream right now

"On My Block" just premiered on Netflix, bringing with it all the teen angst and pleasant nostalgia it can muster. The series — proof that Netflix is doubling down on a variety of high school narratives — follows four street-savvy friends making their way through their freshman year against the background of South Central Los Angeles. It's also pretty funny!

With that in mind, we're looking at other coming-of-age tv shows that make us feel all warm and fuzzy inside. Perfect if you're looking for something to binge/revisit. **RACHAEL VAUGHAN CLEMONS**

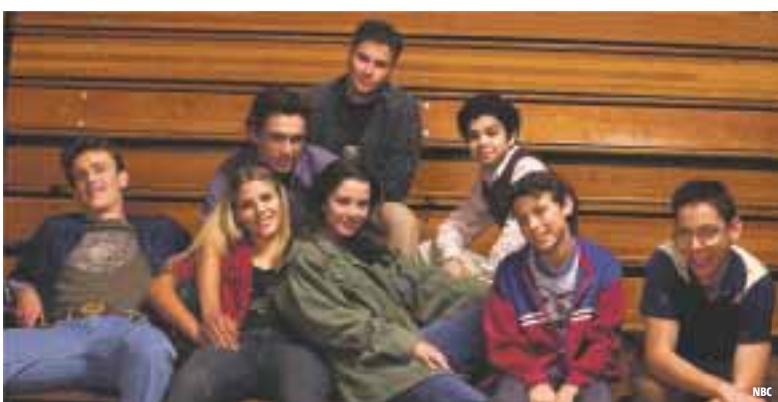


"Degrassi"
Your standard lessons learned series, brimming with school shootings, all matter of bullying and, perhaps most importantly, a young Drake? Gets us teary just thinking about it.



"Daria"

The satirical show about a misanthropic teen inspired a generation of cynical women, and we're here for it. Watching Daria — with best friend Jane — take no ish was particularly riveting.



"Freaks and Geeks"

The go-to when it comes to painfully accurate coming-of-age high school fare, "Freaks and Geeks" perfectly allows you to relieve the horrid moments of your childhood — and laugh at them at the same time.

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"Gossip Girl"

Somehow, this series about a group of horny, plotting and privileged high schoolers blended camp with plots about consent, first loves and the compulsion to be popular. XOXO.

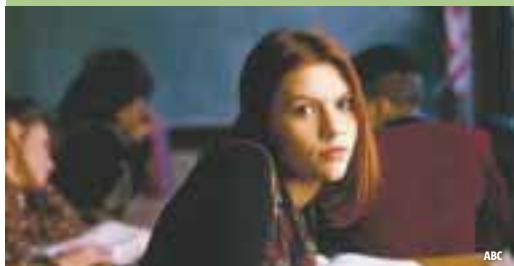


"Gilmore Girls"

Sure, Stars Hollow is almost too quirky to even exist fictionally, but "Gilmore Girls" worth it for the banter, how straight-up sweet it is and its many tender moments. I love you, you idiot!

"My So-Called Life"

The show that never got a chance gave a raw look at adolescence and dealt with some dark stuff: child abuse, teenage alcoholism, homophobia and more. Also, Jordan Catalano still kind of makes us swoon, over 20 years later.



"Glee"

"Glee" took a bunch of well-defined, superfamiliar high school stereotypes and forced them together to sing Journey songs. Whether an episode focused on the popular jock or the overeager theater nerd, the series managed to humanize them all.



"Friday Night Lights"

Honest and authentic, "Friday Night Lights" was as pure as they come: a soapy, quotable melodrama that pits the American dream against the economic realities of a small Texas town. Oh, and Kyle Chandler. A real tear-jerker, this one.



"The OC"

"The OC" is the perfect show. Starring a bunch of young adult actors posing as underage teens, it brings together a perfect storm of ridiculous plot lines, delicious drama, witty wordplay and the best trends of the early aughts. Welcome to the O.C., bitch!



"Vampire Diaries"

A classic, as far as soapy supernatural fare goes. You try balancing the pains of puberty and heartbreak against a backdrop of vampires, witches and dead parents in a dreary Virginia town.

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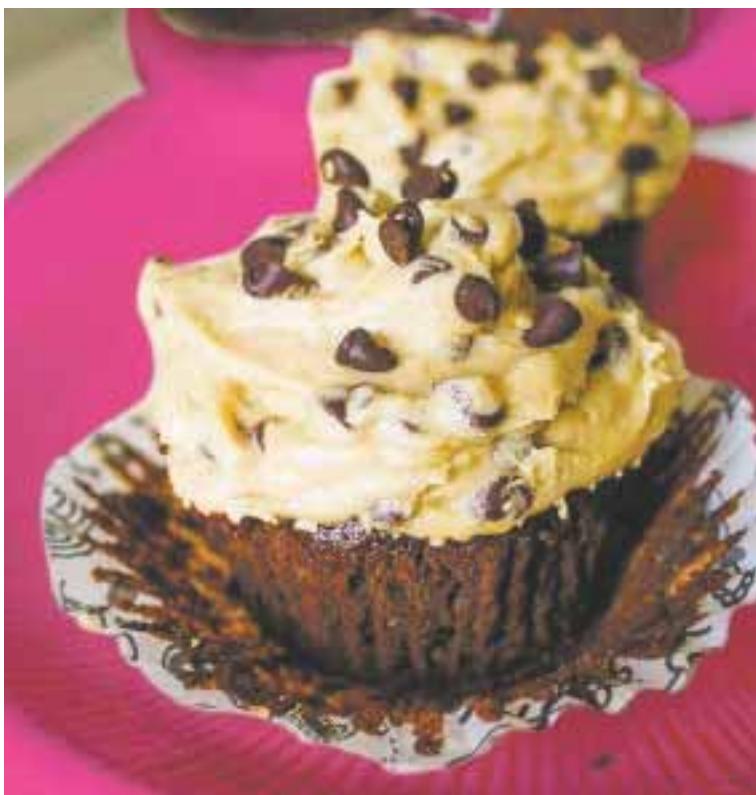
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World's Best Cookie Dough is a one-stop dessert shop with milkshakes, edible raw cookie dough and cookie dough bonbons, among other treats. [FACEBOOK](#)



World's Best Cookie Dough goes next-level

Sajedur Mridha says his new take on the raw edible cookie dough trend is the best yet.



EVA KIS
[eva.kis@metro.us](#)

The latest raw cookie dough shop to open in New York City is making some pretty bold claims.

World's Best Cookie Dough, now open at 164 Bleeker St. in Greenwich Village, boasts that with 20 flavors of raw

cookie dough it not only serves the most varieties, but that its shop is the "the largest edible cookie dough and dessert shop in the U.S."

Dessert fans certainly won't be left wanting by the selection.

The shop's standard raw dough flavors are chocolate chip, brownie, raw chocolate fudge pretzel and sugar cookie. Current special flavors include cookies & cream, peanut butter and oatmeal raisin, with 20 total flavors available daily.

"We also have an extensive team of bakers

who are in charge of recipe development, which allows us to launch our weekly flavors," says company director Sajedur Mridha.

World's Best uses the same heat-treatment method as Cookie Do, whose founder Kristen Tomlan "invented" edible raw cookie dough by heat-treating flour and pasteurizing eggs to kill any harmful bacteria. (Fun fact: It's actually the flour that is more likely to be harmful.)

That said, Mridha insists his cookie dough is superlative.

"The experience of our cookie dough is very much different than any dough you have tried," he says. "We use the best quality ingredients, which makes our cookie dough smooth and not so grainy, as if you were eating ice cream. We can confidently say our cookie dough is unique and tastes very different from others, in a better way."

World's Best also aims to be something of a one-stop shop for all of New York's trendiest, iconic desserts. The menu muscles in on the giant deco-

rated milkshake trend started by Black Tap with



Meet the Chocolate Chip Fudge Brownie Freakshake

pudding and cupcake ("frosted" with raw cookie dough) crowd. They also bake the dough into cookies ... if that's how you roll.

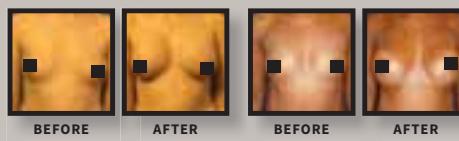
"The team behind this project one day sat with a concept to make a dessert shop with Amazon.com on mind," Mridha says.

"We have brought all the major dessert spots' best products in one place with a twist to it."

As he points out: "Who wouldn't want to try different sweets made with cookie dough?"



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Abbi Jacobson hits 'The Chris Gethard Show' tonight

The beloved super-chaotic live program New Yorkers love is back on truTV.



PAT KING

patrick.king@metro.us

If you haven't yet seen this late night TV chaos-maestro, the time is now.

Chris Gethard launched his show in 2009 as a monthly performance at the Upright Citizens Brigade theater in Midtown. He evolved it for public access in 2011 as a weekly call-in show — it ran on the Manhattan Neighborhood Network until 2015. After that, it was picked up by Fusion for a brief run.

The third time was the charm: Gethard landed

on truTV in 2017, whose third season continues tonight.

The show takes a punk-rock sledgehammer to the late-night format because it's one of the few TV shows that's completely open to unexpected crazy. This off-the-cuff approach makes for some wild television viewing, as the show has the potential to go off the rails at any moment.

"It can be a real whirlwind," Gethard tells Metro. "We do have this weird methodology where we work really hard and build the outlines of what we want to happen, but we know that if it goes as well as we want it to ... it falls apart. You always have to be alert, and it's definitely its own animal."

"I'm really grateful that these are my prob-

lems in life. There's very little artifice with the show — what you see happening on screen is actually happening. The mistakes that are happening aren't staged and the emotions aren't preplanned. It's a living experiment on a national platform. It's probably a bad idea that they let us do this!"

Recent episodes have included celebrity guests who sit in through Gethard's unscreened calls from viewers and live performances by bands, making the studio resemble more of a DIY show space than an actual set.

So with all of this insanity, what was it like moving from public access to truTV? "I loved it and felt very lucky to do it. But it almost nearly killed me," said Gethard.

"I absolutely limped to the finish line. That being said, I loved doing it and cannot wait to get back



The "Broad City" star and late, late night host on truTV at 11 p.m. ALL PHOTOS GETTY

into the ring.

"When me and my brother were growing up in North Jersey in the '80s, it wasn't so easy to be nerds," Gethard explains. "There wasn't this Comic-Con culture. We were getting our asses handed to us at school, and the one place we often had was our basement, with our TV. We would flip through those UHF channels and find something weird, and all we had was that basement where we could find weird stuff in

the middle of the night — what would I put on for those two kids back then? We've been around enough years now where I'll meet people who are college graduates who watched the show when they were freshmen in high school, and it got them through their awkward years. That's what I'm here for."

"The Chris Gethard Show" returns to truTV tonight at 11 p.m. with guest Abbi Jacobson and music from Charly Bliss.



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Vargas injury saves Matz, Wheeler

New York's new southpaw's hand injury ensures Wheeler, Matz stay in rotation.



JOE PANTORNO
joseph.pantorno@metro.us

They were almost in the clear, but the New York Mets starting rotation couldn't make it through spring training before the injury bug bit.

Southpaw starter Jason Vargas, who signed a two-year, \$16 million deal with the club this winter, suffered a non-displaced fracture in his non-pitching hand over the weekend. He will undergo surgery on Tuesday and can begin throwing as soon as five days after the procedure. However, it will take four to six weeks for the hand to fully recover, meaning the Mets will be without the 35-year-old for the opening weeks of the 2018 season.

For Zack Wheeler and Steven Matz, there's



Zack Wheeler (left) and Steven Matz (right) won't have to worry about being dropped from the bullpen for now after Jason Vargas' hand injury. GETTY IMAGES



a silver lining to New York's latest injury scare as both young arms will be featured in the team's starting rotation, at least for the beginning of the regular season.

With the Mets bringing on Vargas back in February, there was bound to be an odd man out of the rotation considering the veteran would be joining Noah Syndergaard, Jacob deGrom and Matt Harvey,

who are locks for starting gigs.

Wheeler was originally slated as the favorite to lose his starting job, but both he and Matz have struggled during spring training, which made the competition for the final spot a little more interesting.

The right-handed Wheeler is 0-1 with a 6.75 ERA in eight innings of work this spring while Matz is 0-3 with a

10.80 ERA in 10 innings.

Matz's lone saving grace was that he was a lefty, which made him a favorite to keep a starting role despite his struggles as it would allow the Mets to roll out a pair of southpaws to break up the onslaught of hard-throwing right-handers in Syndergaard, deGrom and Harvey.

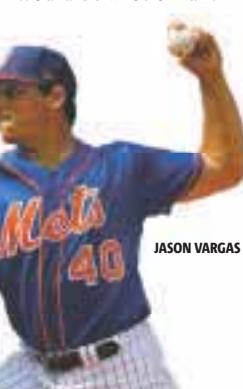
Now Matz's job is secure as he is the only left-hander available for

the Mets with Vargas is temporarily shelved. Wheeler will likely round things out as the No. 5 option.

While it's not what the Mets might have wanted now, it gives the organization its first chance to a rotation of Syndergaard, deGrom, Harvey, Matz and Wheeler all

pitching at the same time. The promise of these five arms working together as the centerpiece of the franchise has been a dream for fans and the organization alike for the past three years, but injuries have kept at least one of these arms away from the rotation during that span.

"We've always wanted to do it, ever since we all got up to the big leagues. Even before that," Wheeler told the media (h/t Newsday's Tim Healey). "It's a big deal to us. I'm sure the fans want to see it. It would be a lot of fun."



JASON VARGAS

Plawecki or d'Arnaud for Mets starting C job? No one is sure

The New York Mets have been waiting for either Travis d'Arnaud or Kevin Plawecki to come out of their shell, take the starting catching job and run with it.

The problem is — and it's a good problem for manager Mickey Callaway — is that both seem to be doing just that in spring training.

d'Arnaud was originally the headlining prospect that the Mets got in return for when they traded R.A. Dickey to the Toronto Blue Jays in 2012. However, that sentiment quickly changed when another player thrown in the deal just so happened to be Noah Syndergaard.

Since making his MLB debut with the Mets in 2013, d'Arnaud has struggled to fit the billing of catcher-of-the-future that came with him from Toronto. While injuries have hurt his development, he's batted just .245 with 46 home runs and a .309 on-base percentage in five

years.

Mechanics had been an issue for him, an elongated swing making it look slow while in the box.

His defense has been even more concerning as he threw out just 17-percent of base stealers in 2017, 10 percent below the league average.

It looks as though things are finally starting to come together for him. And on both sides of the ball.

In 31 at-bats entering Monday afternoon, d'Arnaud is batting .323 with a pair of home runs and a .447 on-base percentage.

Sunday saw him exhibit the hard work he's been putting in on the defensive end, making a sliding, spinning throw to nail Manny Machado after the star hit a slow tapper to the left of Noah Syndergaard's mound.

This spring, Plawecki has raised that average over 100 points to .333 with a home run and seven RBI in 12 games, leaving Callaway with a difficult decision.

"We can put either one of them back there and feel totally comfortable," Callaway admitted (h/t Fred Kerber of the New York Post). "What great camps they're having."



KEVIN PLAWECKI 2018 SPRING TRAINING STATS

.333
BATTING AVERAGE

7
RUNS BATTED IN

TRAVIS d'ARNAUD 2018 SPRING TRAINING STATS

.323
BATTING AVERAGE

2
HOME RUNS

6
RUNS BATTED IN

.447
ON-BASE PERCENTAGE

1.060
ON-BASE PLUS SLUGGING



KEVIN PLAWECKI 2018 SPRING TRAINING STATS

.333
BATTING AVERAGE

1
HOME RUNS

.419
ON-BASE PERCENTAGE

Projecting Yankees 2018 lineup

The Yankees infield looks to be set after sending two promising youngsters back down to the minors.



JOE PANTORNO
joseph.pantorno@metro.us

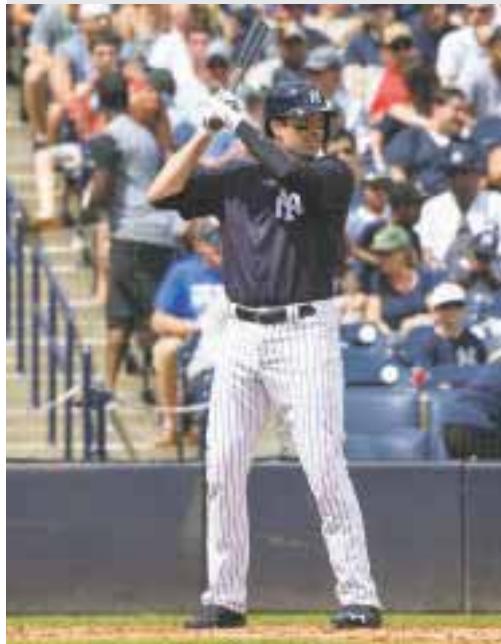
Less than two weeks until Opening Day and the New York Yankees lineup looks ready to go after ironing out their infield picture.

After signing veteran second baseman Neil Walker to a one-year, \$4 million deal, it was a foregone conclusion that top prospect Gleyber Torres would be heading back to the minors.

On Mar. 14, that's exactly what happened as they optioned him to triple-A, ending a disappointing spring in which he was competing for playing time at second alongside Tyler Wade and Ronald Torreyes.

In 11 spring-training games prior to the Yankees optioning him, Torres batted just .160.

Fellow youngster and infielder Miguel Andujar looked as though he had a better chance to make the MLB roster after a



The signing of Neil Walker bolstered the Yankees' infield. GETTY IMAGES

fast start to his spring. Through Mar. 1, which was 12 at-bats, Andujar was batting .500 with four home runs and making a serious charge at taking some time away from the newly-acquired Brandon Drury, who came over from the Arizona Diamondbacks in a trade.

In the ensuing two weeks though, Andu-

jar's average plummeted to .262 while stuck at the four-home-run mark. His defense was also rough around the edges, which forced the Yankees to option the 23-year-old on Sunday.

With the two promising prospects out of the MLB picture, for now, it looks as though the Yankees' imposing lineup is set for the 2018 season:

1	Brett Gardner- LF	Projected 2018 stats: .260 BA, 15 HR, 45 RBI
2	Aaron Judge- RF	Projected 2018 stats: .268 BA, 42 HR, 96 RBI
3	Giancarlo Stanton- DH	Projected 2018 stats: .274 BA, 54 HR, 112 RBI
4	Gary Sanchez- C	Projected 2018 stats: .286 BA, 32 HR, 88 RBI
5	Didi Gregorius- SS	Projected 2018 stats: .276 BA, 20 HR, 68 RBI
6	Greg Bird- 1B	Projected 2018 stats: .240 BA, 16 HR, 47 RBI
7	Neil Walker- 2B	Projected 2018 stats: .263 BA, 19 HR, 61 RBI
8	Aaron Hicks- CF	Projected 2018 stats: .252 BA, 13 HR, 43 RBI
9	Brandon Drury- 3B	Projected 2018 stats: .272 BA, 19 HR, 69 RBI

Pryor to visit Jets on free-agent tour

The New York Jets aggressive offseason hasn't ended with the signing of Teddy Bridgewater and the acquisition of the No. 3 pick in the 2018 NFL Draft.

As first reported by Mary Kay Cabot of the Cleveland Plain Dealer, free-agent wide receiver Terrelle Pryor will visit the Jets after meeting with the Seattle Seahawks.

Pryor experienced a difficult 2017 campaign with the Washington Redskins due to injury issues that kept him out of seven games. He recorded just 20 catches for 240 yards and a touchdown after being signed to a one-year, \$6 million deal by the NFC East side.

The output was not even close to what the Redskins expected when

they brought the quarterback-turned-receiver on. Pryor was coming off a 2016 season in which he proved his legitimacy as an NFL-caliber pass catcher, hauling in 77 receptions for 1,007 yards and four touchdowns.

At 6-foot-6, 240 pounds, the 28-year-old still has to prove that his big season two years ago wasn't a fluke, but he could still provide a solid boost to the Jets' receiving corps.

New York doesn't boast an abundance of offensive weapons, which will only make Bridgewater's comeback to NFL-starter status a difficult one. The Jets new quarterback has attempted just two passes in the last two years after his development was derailed due to a serious knee injury.



The Jets are staying aggressive, going after WR Terrelle Pryor. GETTY IMAGES

Their leading receiver, Robby Anderson, will likely start the season suspended after running into off-field troubles as he formed a promising duo with Jermaine Kearse. They'll also be getting Quincy Enunwa back, who missed all last season due to a neck injury after a promising 2016 showing in which

he recorded 857 yards and four touchdowns.

Pryor would bring a big outside threat to Bridgewater's prospective targets in 2018 compared to round out New York's receivers considering Anderson, Kearse and Enunwa aren't the kinds of receivers who can go up and dominate in jump-ball situations. JOE PANTORNO

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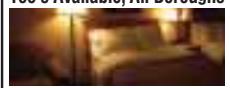
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LEGAL NOTICES

SUPPLEMENTAL SUMMONS

Index No.: 704359/2016

Date of Filing: February 14, 2018

SUPREME COURT OF THE STATE OF NEW YORK

COUNTY OF QUEENS

WELLS FARGO BANK, N.A. Plaintiff,

-against-

VINCENT NICHOLAS INDIVIDUALLY AND AS HEIR AT LAW AND NEXT OF KIN OF CLEMENT GIBSON;

NEW YORK CITY PARKING VIOLATIONS BUREAU; NEW YORK CITY TRANSIT ADJUDICATION BUREAU; "JOHN DOE" AND "JANE DOE" 1 THROUGH 50, INTENDING TO BE THE UNKNOWN HEIRS, DISTRIBUTES, DEVISEES, GRANTEES, TRUSTEES, LIENORS, CREDITORS, AND ASSIGNEES OF THE ESTATE OF CLEMENT GIBSON WHO WAS BORN IN 1931 AND DIED ON AUGUST14, 2015, A RESIDENT OF THE COUNTY OF QUEENS, THEIR SUCCESSORS IN INTEREST IF ANY OF THE ABOVE SAID DEFENDANTS BE DECEASED, THEIR RESPECTIVE HEIRS AT LAW, NEXT OF KIN, AND SUCCESSORS IN INTEREST OF THE AFORESAID CLASSES OF PERSON, IF THEY OR ANY OF THEM BE DEAD, AND THEIR RESPECTIVE HUSBANDS, WIVES OR WIDOWS, IF ANY, ALL OF WHOM AND WHOSE NAMES AND PLACES OF RESIDENCE ARE UNKNOWN TO THE PLAINTIFF; LILIAN ELIZABETH GIBSON AS HEIR AT LAW AND NEXT OF KIN OF CLEMENT GIBSON; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; NEW YORK CITY ENVIRONMENTAL CONTROL BOARD; "JOHN DOES" and "JANE DOES", SAID NAMES BEING FICTITIOUS, PARTIES INTENDED BEING POSSIBLE TENANTS OR OCCUPANTS OF PREMISES, AND CORPORATIONS, OTHER ENTITIES OR PERSONS WHO CLAIM, OR MAY CLAIM, A LIEN AGAINST THE PREMISES, Defendants.

TO THE ABOVE-NAMED DEFENDANTS: YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a Notice of Appearance on the Plaintiff's attorney(s) within twenty (20) days after the service of this summons, exclusive of the day of service, where service is made by delivery upon you personally within the State, or within thirty (30) days after completion of service where service is made in any other manner, and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. YOU ARE HEREBY PUT ON NOTICE THAT WE ARE ATTEMPTING TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE TO THE ABOVE-NAMED DEFENDANTS: The foregoing summons is served upon you by publication pursuant to an Order of the Honorable Pam Jackman Brown of the Supreme Court of the State of New York, signed on February 2, 2018, and filed with supporting papers in the Office of the Clerk of the County of Queens, State of New York. The object of this action is to foreclose a mortgage upon the premises described below, executed by CLEMENT GIBSON and VINCENT NICHOLAS to WELLS FARGO BANK, N.A., bearing date November 14, 2007 and recorded in CRFN: 2008000010058 of Mortgages in the County of Queens on January 9, 2008. The aforesaid instruments were thereafter modified by Home Affordable Modification Agreement effective March 1, 2012 and recorded in CRFN: 201200175047 of Mortgages in the County of Queens on May 2, 2012, creating a new principal balance of \$307,022.19. Said premises being known as and by 130-24 147TH STREET, JAMAICA, NY 11436. Date: February 13, 2018 Batavia, New York Jamila A. Lee, Esq. ROSICKI, ROSICKI & ASSOCIATES, P.C. Attorneys for Plaintiff Batavia Office 26 Harvester Avenue Batavia, NY 14020 585.815.0288 Help For Homeowners In Foreclosure New York State Law requires that we send you this notice about the foreclosure process. Please read it carefully. Mortgage foreclosure is a complex process. Some people may approach you about "saving" your home. You should be extremely careful about any such promises. The State encourages you to become informed about your options in foreclosure. There are government agencies, legal aid entities and other non-profit organizations that you may contact for information about foreclosure while you are working with your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by the New York State Banking Department at 1-877-BANKNYS (1-877-226-5697) or visit the Department's website at www.banking.state.ny.us. The State does not guarantee the advice of these agencies.

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**NOTICE OF SALE
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COUNTY OF QUEENS FEDERAL NATIONAL MORTGAGE ASSOCIATION, Plaintiff(s), Index No. 710841/2015 Against HELEN JENNINGS, ET AL., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale, duly entered in the Queens County Clerk's Office on 2/6/2018, I, the undersigned Referee, will sell at public auction in Courtroom #25 of the Queens County Supreme Court, 88-11 Suplin Boulevard, Jamaica, NY on 4/20/2018 at 10:00 am, premises known as 13045 224th Street, Springfield Gardens, NY 11413, and described as follows: ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Fourth Ward, Borough and County of Queens, City and State of New York, and designated on the tax maps of the Queens County Treasure as Block 12902 and Lot 14. The approximate amount of the current Judgment lien is \$539,947.12 plus interest and costs. The premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 710841/2015. Donna Furey, Esq., Referee McCabe, Weisberg & Conway, P.C. 145 Huguenot Street, Suite 210 New Rochelle, NY 10801 Dated: 2/16/2018 File Number: 560-6411

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of T.U Sound LLC, Articles of Org. filed with the Secy. of State of New York (SSNY) on 12/19/2017. Office location: Bronx County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 3308 Lurting Ave., Bronx, NY 10469. Purpose: Providing DJ services and quality Caribbean events in the Tri-State area.

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that a license Number 1308815, for On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 40-32 149th Place, Flushing, NY 11354. Queens County, for on-premises consumption. Y&M Ent Corp.

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Across

1 Mighty Dog rival
5 Ump's cousin
8 The bride – white
12 Jeweler's lens
14 Piglet's papa
15 You said it!
16 White heron
17 Italian wine city
18 Sum and substance
19 Tobacco pipes
21 Medieval clown
23 Tint
24 Hope or Newhart
25 Dirty place
26 Engineless plane
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32 Stopped a squeak
33 Concentration
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39 Brownish tint
40 Two-faced
42 Inflict, as damage
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44 Take care of
45 Do christies
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49 Harmless lie
50 Straw hat
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DOWN

1 Waugh or Baldwin

2 Company emblem

3 Cat sound

4 Inaugurate

5 "ER" medic

6 Wolf, say

7 Pedro's beans

8 Witty fellows

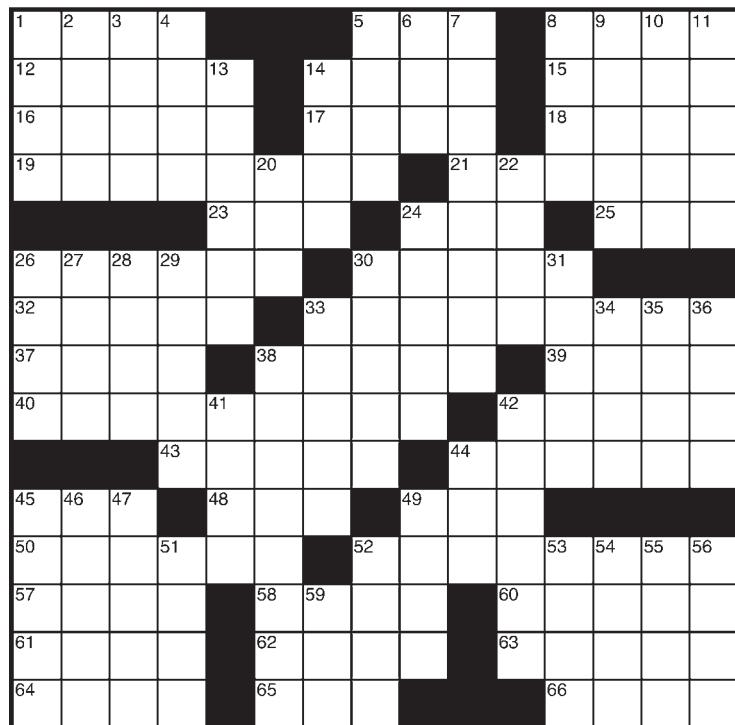
9 Leaves out

10 VCR button

11 Journal notation

13 Drew on glass

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easy

		4		2		
8	2		6	4		
		1	8		9	
9	3					4
1	2		3	6	9	7
4				5		2
2		5	9			
	6	3		1	5	
	4		7			

hard

	3					
9	5		4	2		8
	2				6	9
5		8	2			
6	4	9		7	3	2
			6	3	5	
5	4					2
1		2	3	7		4
					1	

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Aries Emotional energy will cause frustration and anger if you don't have an outlet. Choose something physical you enjoy doing to let off steam rather than getting into an argument.



Taurus Keep your thoughts to yourself and wait to see what others do and say before you step in and offer suggestions. Don't divulge personal secrets or travel too far from home.



Gemini Love may be enticing, but don't jump into something without giving it enough thought. Once you make a promise, you'll have to keep it if you want to maintain peace.



Cancer You'll face opposition when it comes to change. If someone puts up a fuss, consider the pros and cons that come with the change you or someone close to you wants to make.



Leo Focus on getting along, not on messing things up. Whether you are dealing with a friend, children, a parent or a loved one, listen and offer an incentive to get your way.



Virgo Stress will mount if you make changes to your home or haggle over the price of a costly venture or item. Proceed with caution.

Yesterday's answers

APPLE	MOP	DRYAD
LURES	EVE	REESE
ALEXANDER	ABASE	
SPY	OINK	CARES
SRTA	WURST	
ROSTER	SAIL	
ALLUDE	MINARET	
JEAN	BAD	OVATE
OYSTERS	ADMIRE	
AMAH	DIALOG	
SHAMU	CONN	
SCALP	OMAR	LUG
OUNCE	BONECHINA	
FLOOR	ORO	BOATS
ALIAS	ENE	STROP

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